

Pulling together





On the cover

Airmen from the 380th Expeditionary Aircraft Maintenance Squadron change the engine of an RQ-4 Global Hawk during a non-destructive inspection Sunday. Photo by SrA Levi Riendeau.

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Submit stories and photos to 380aew.pa@adab.afcent.af.mil. The SAND SCRIPT staff reserves the right to edit all submissions for content, policy and style.



photo by SrA Levi Riendeau

Wing Warrior Welcome

Brig Gen Lawrence Wells, 380th Air Expeditionary Wing Commander, briefs a group of Airmen during a weekly Wing Warrior Welcome at the Base Theater recently.

Action Line

If you have a question or comment you would like to direct to the wing commander, send an e-mail with subject line "Commander's Forum" to: 380aew.pa@adab.afcent.af.mil. The commander will provide a response by e-mail for most issues; however, Public Affairs may consolidate duplicate questions and print the responses in a future issue of the Sand Script. Members are encouraged to work issues through their chain of command prior to using the forum.

The Airman's Creed

I am an American Airman.
I am a Warrior.
I have answered my Nation's call.

I am an American Airman.
My mission is to Fly, Fight, and Win.
I am faithful to a Proud Heritage,
A Tradition of Honor,
And a Legacy of Valor.

I am an American Airman.
Guardian of Freedom and Justice,
My Nation's Sword and Shield,
Its Sentry and Avenger.
I defend my Country with my Life.

I am an American Airman.
Wingman, Leader, Warrior.
I will never leave an Airman behind,
I will never falter,
And I will not fail.

Perspective

Will you be worthy of the clapping?

by Lt Col James Clavenna

380th Expeditionary Aircraft Maintenance Squadron Commander

A couple of months ago, I began traveling to the 380th Air Expeditionary Wing.

As I made my way across the United States, the rotator I was on stopped in Bangor, Maine for refueling. I and my fellow deployers entered the terminal at about 3 a.m. and were overwhelmed by the warm reception from the Maine Troop Greeters. What overwhelmed me even more was their enthusiasm and support for us despite the fact that we hadn't even made it across the Atlantic Ocean yet.

After I arrived in the 380 AEW and set about accomplishing the critical mission I've been given, I

paused to think about those greeters and their numerous selfless acts to thank Sailors, Soldiers, Marines and Airmen, regardless of time of day. Though I certainly appreciate their support, I quickly realized that with it comes a tremendous responsibility; a responsibility to always do things right and to the best of our ability.

Though it might seem obvious, it's something we're taught in basic training. For some reason, some of our teammates forget those lessons of integrity or rationalize that some things are "no big deal." In fact, nothing could be further from the truth. Even the things that seem little have the tendency to become big if we don't make the right decisions. Each little rule violation or technical data violation puts a chink in our armor known as our integrity. Once our integrity starts to suffer, it becomes much harder to do everything right, or perhaps more importantly as supervisors, to correct people who make wrong decisions. The bottom line ... there's only one way to do things -- the right way.

Which leads me back to the Maine Troop Greeters. At the end of our deployments, many of us will travel back via rotator or will receive a warm welcome at our local airport or home station. As you anticipate and look forward to that well-deserved reunion, I think it's important to ask yourself today whether you'll be able to hold your head up all the way and know that you not only worked hard, but you did your job to the best of your ability and kept your integrity in check. Because, at the end of the day, it's not enough to just work or to just work hard, it's important to do the right thing ... all the time.

"Though I certainly appreciate their support, I quickly realized that with it comes a tremendous responsibility; a responsibility to always do things right and to the best of our ability."

***- Lt Col James Clavenna,
380 EAMXS Commander***



Beale AFB Commander visit

MSgt Guy Toney, 380th Expeditionary Aircraft Maintenance Squadron, briefs Brig Gen H.D. Pumbo, Jr., 9th Reconnaissance Wing Commander, Beale Air Force Base, Calif., during a visit to the 380th Air Expeditionary Wing Wednesday.

photo by SrA Levi Riendeau



AF Deputy Chief of Chaplains visit

Brig Gen Cecil Richardson, Air Force Deputy Chief of Chaplains, tours the flightline complex during a visit to the 380th Air Expeditionary Wing Friday.

photo by SrA Levi Riendeau



Health expo

Airmen browse information during the 380th Air Expeditionary Wing Health Expo Friday. The expo featured special education on physical, emotional, mental, public, sleep, and occupational health, along with information on nutrition, exercise, sports supplements, healthy relationships, and health illness prevention.

photo by SrA Ross Tweten



AFCENT Chief visit

CMSgt Scott Dearduff, Air Force Central Command Chief Master Sergeant, tours the Physiological Support Division of the 99th Expeditionary Reconnaissance Squadron during a visit to the 380th Air Expeditionary Wing Monday.

photo by SrA Levi Riendeau



Run of Luck Relay

Airmen participate in the St. Patrick's Day Run of Luck Relay Monday. Capt Adam Leckie and 1st Lt Robert Montgomery, both of the 964th Expeditionary Airborne Air Control Squadron, took first place in the men's division. SrA Erica Borrego and SrA Abigail Meinke, both of the 380th Expeditionary Services Squadron, took first place in the women's division.

photo by SrA Levi Riendeau



SMSgt selection celebration

Brig Gen Lawrence Wells, 380th Air Expeditionary Wing Commander, addresses the crowd during the Senior Master Sergeant Selection Celebration at the Thirsty Camel Mar. 13. Congratulations to MSgts Mark Bartlett (middle), 380th Expeditionary Civil Engineer Squadron, Richard Snider, 380th Expeditionary Logistics Readiness Squadron, and Michael Garrity (not pictured) 964th Expeditionary Airborne Air Control Squadron, for their promotion to senior master sergeant.

photo by SrA Levi Riendeau

Shooting Star

Airmen participate in the three-on-three competition of the 380th Air Expeditionary Wing's "Shooting Star" competition. The 380th Expeditionary Civil Engineer Squadron Fire Protection Flight 1 took first place in the three-on-three competition. SrA Anthony Stanchfield, 380 ECES, took first place in the three-point shoot-out competition for the men's division, and SrA Danielle Smith, 380 ECES, took first place for the women's division. SSgt Rafael Nicudemus, 380 ECES, took first place in the free-throw competition for the men's division, and SSgt Doneisha Porter, 380th Expeditionary Services Squadron, took first place for the women's division.



photo by SrA Levi Riendeau



Pete Ford and Texas Hold'em

Pete Ford and Texas Hold'em rocked the 380th Air Expeditionary Wing at the Pavilion Monday. The Group also played for the 380 AEW on Tuesday night.

photo by SrA Levi Riendeau

Ankle injuries: scourge of the AEF courts

Ankle injuries from sports and recreational activities are one of the leading causes of lost work days across the Air Force.

At the 380th Air Expeditionary Wing, although ankle injuries only account for roughly 20 percent of all sports injuries, they account for roughly 50 percent of all sports-related lost work time. In the AOR, lost work days are particularly costly, as they translate directly into decreased combat capability.

Ankle sprains are rarely isolated incidents. Most people who suffer from a sports related ankle sprain have a history of prior injury. Repetitive traumas weaken the muscles and ligaments that surround the ankle joint. These structures are more likely to fail when pushed to their functional limits during sports activities. Fortunately, there are a few simple things an athlete can do to prevent ankle injuries.

- wear proper footwear
- stretch and warm up properly before participation
- wear an ankle support brace if you have a history of a prior sprain
- play within your ability and conditioning level

The Air Force has actually studied whether wearing ankle braces could help everyone prevent ankle injuries. Their research suggested there was a possible benefit in some cases. Other scientific studies have show that the most common risk factor for ankle sprains is a history of previous sprains. Wearing an ankle brace can decrease the risk of future ankle sprains in players with a previous injury 4 to 5 fold. Unfortunately, studies show no statistical benefit to issuing braces for those without a history of ankle injury.

While we can glean some good information from these stateside scientific studies, there is one facet of deployed sports not adequately addressed: the "pack light" factor. A key assumption in scientific stateside studies was that athletes, at a minimum, wear proper footwear for their sport; e.g. basketball shoes when playing basketball. This

assumption is seldom valid in our deployed sports environment. Many troops, in their desire and or need to pack light for their deployment, bring with them only lightweight running shoes, leaving their court shoes or field cleats at home. Unfortunately, this pack light factor leaves players with inadequate footwear for the dirt, concrete, sand, and plastic playing surfaces found in our expanding deployed bases.

For an illustration, you need look no further than our own basketball court; expect to see nine out of 10 players in running shoes. Experts say running shoes are the worst possible court shoes, since they offer no lateral support and have a high center of gravity. Using sport-specific shoes designed for the playing surface is an effective way to prevent foot and ankle injuries.

So what do all these studies, experiments, and observations mean to you? The best prevention for ankle injuries on the 380 AEW's courts is proper footwear and proper stretching before playing.

Deployed without proper footwear? Talk to the Base Exchange and they can order some. You can also order from the Army and Air Force Exchange Service online. Other than AAFES, there are numerous locations to purchase sport shoes in the local area.

Contact the 380th Expeditionary Medical Group if you have a history of ankle injuries. They have a supply of ankle braces available for folks with previous ankle injuries. They can also teach you about proper stretching and strengthening exercises that may also help prevent injuries.

You would not perform your work site duties without the proper equipment. Help prevent injuries by wearing the proper equipment for your sport also.

[Article courtesy of the 380th Expeditionary Medical Group, Expeditionary Services Squadron, and the Air Expeditionary Wing Safety Office.]

Articles 15

The following is a list of Airmen who received nonjudicial punishment for the month of February:

▶ A Staff Sergeant received a reduction to Senior Airman and a reprimand for violating Community Standards by giving away his alcohol rations, and presenting an Airman unfit for duty.

▶ A Staff Sergeant received a reduction to Senior Airman and a reprimand for violating Community Standards by exceeding daily alcohol ration limit, making a false official statement, and soliciting fellow Airmen to violate Community Standards.

▶ An Airman 1st Class received a suspended reduction to Airman Basic, forfeitures of \$225 pay for two months, and a reprimand for failure to go, violating Community Standards by exceeding daily alcohol ration limit, making a false official statement, and soliciting fellow Airmen to violate Community Standards.

February Quality Assurance Honor Roll

**Congratulations to the following maintainers
who were selected for the Quality Assurance Honor Roll
for the month of January:**

KC-10 Extender

**TSgt Martin Alvarez
SSgt William Brown
SSgt Michel Kasday
SSgt Edwin Torres
A1C Christopher Burghdurf
A1C Thomas Dumesnil**

380 EMXS

A1C Joshua Varner

RQ-4 Global Hawk

**TSgt Walter Wimbs
TSgt Cory Wiggans
SSgt Jeremy Randall
SSgt George Morris
SrA Kory Boardman
SrA Marlowe Schaumann
A1C Keon Miller
A1C Jacob Hush
A1C Kenneth Orozco
A1C Matthew Nauta**

E-3 Sentry

**SSgt Derek Baker
SSgt Joshua Outly
SrA Brandon Shuttlesworth
SrA Emilio German**

U-2 Dragon Lady

**SrA Jonathan Cantrell
A1C Jason Albedyll
Amn Donald Adams**

The Quality Assurance program identifies individuals who consistently earn excellent ratings from Personnel Evaluations, Quality Verification Inspections, and Special Inspections. Selections are based on an individual receiving a minimum of three Zero-Defect inspections and or personnel evaluations logged into the QA database. Any individual receiving a major discrepancy, Detected Safety Violation or Technical Data Violation will be automatically eliminated from the list of possible selectees. Monthly QA Honor Roll Program winners receive a certificate of recognition from the 380th Expeditionary Maintenance Group Commander.



photo by SrA Levi Riendeau

A tradition of honor ...

MSgt Jason Clemens, 380th Expeditionary Operations Support Squadron, reenlists with Brig Gen Lawrence Wells, 380th Air Expeditionary Wing Commander, next to the Airman's Creed mural Friday.

380th Airmen continue to manage GWOT battle space

by SrA Ross M. Tweten
380th Air Expeditionary Wing Public Affairs

It's the most powerful airborne radar ever developed, and it's the most powerful air force's main aerial command and control weapon.

Airmen have been keeping the E-3 Sentry Airborne Warning and Control System flying since 1977, when Tinker Air Force Base, Okla. received the first Sentry. Now, the Airmen of the 380th Air Expeditionary Wing's 964th Expeditionary Airborne Air Control Squadron continue to keep the E-3 Sentry flying and fighting in the Global War on Terror.

The 964 EAACS's mission is to provide global power and vigilance for the Combined Forces Air Component Commander by conducting command and control operations in support of fighter, bomber, and combat support forces in a variety of tactical, strategic, and special mission applications.

The E-3 Sentry is a command and control center in the sky that provides information on friendly, neutral and hostile activity, command and control of an area of responsibility, battle management of theater forces, all-altitude and all-weather surveillance of the battle space, and

early warning of enemy actions during joint, allied, and coalition operations.

The E-3 Sentry's importance to the battle space and benefits to the warfighter are a source of pride for the Airmen of the 964th.

"The AWACS is an essential force multiplier for the Global War on Terror," said Lt Col Jay Bickley, 964 EAACS Commander. "Its ability to manage the battle space and provide command and control of all aircraft in the AOR is critical to the synergistic use of airpower against the enemy."

"Being able to ensure the troops on the ground get the firepower they need from above as soon as they ask for it is extremely rewarding," said

Maj Bruce Barnes, 964 EAACS Mission Crew Commander.

According to Capt Laura Whitehead, 964 EAACS Electronic Combat Officer, the most interesting part about the AWACS mission is how everyone comes together to accomplish it.

"When the crew first forms and flies together, everyone learns how each other gathers and passes information, and by the end, it's a beautiful thing to watch as information flows top to bottom and bottom to top seamlessly," she said. "When it happens, targets are prosecuted in minimum time, and immeasurable amounts of lives are saved."

Maintaining the E-3 Sentry is difficult, because like much of the Air Force's fleet, it's aging, but the 964th and its Airmen remain vigilant.

"With the proper



photo by Capt Martin Gerst



photo by SrA Levi Riendeau

maintenance, we are to take this aging airframe into a new decade," said MSgt Edward Shaffer, 380th Expeditionary Aircraft Maintenance Squadron Production Superintendent.

A common theme among the Airmen of the 964th is unity and a feeling of family amongst the squadron.

"I love working in the 964 EAACS because it makes me feel like I'm part of something," said A1C Ben Polish, 964 EAACS Air Surveillance Technician. "In our missions we bond with each other. I'm able to trust other squadron members as if they were my brother or sister. Being a surveillance member aboard the E-3, we're put into some rough situations, where it's necessary to rely on other individuals. It's essential for us to work together and cover each others' backs if something unexpected were to come up."

"I love that a jet flying in the AOR represents all of the U.S. to include our territories," said Captain Whitehead. "We're a diverse group of people with different backgrounds and reasons for being in the Air Force, all coming together for one purpose, to protect democracy ... and together we do it well."



What does this part of the Airman's Creed mean to you?

I am an American Airman.

My Mission is to fly, fight, and win.

*I am faithful to a proud heritage,
a tradition of honor,
and a legacy of valor.*



"For the success of a focused and dedicated mission, we must continually strive to build upon our foundation as Airmen by honoring those from our past and preparing those in our future."

**- 2d Lt Gregory Long,
380th Expeditionary
Services Squadron**



"We fight hard, play fair, and never forget where we came from."

**- MSgt Kristen Orcutt,
380th Air Expeditionary Wing
Legal Office**



"Standing up and fighting for what you believe in and being proud of what you stand for."

**- SrA Pamela Williams,
380th Expeditionary Aircraft
Maintenance Squadron**



"We're a highly dedicated branch with an honored history and no matter how difficult or dangerous the battle, we will do what is needed to ensure victory."

**- SrA William Combs,
380th Expeditionary Services
Squadron**

Airman of the Week

SSgt Stacey Fain



photo by Capt Martin Gerst

Squadron: 380th Expeditionary Aircraft Maintenance Squadron

Home unit: 522nd Maintenance Squadron, Tinker Air Force Base, Okla.

Duty title: Aircraft Fuel Systems Craftsman

Hobbies: Working out, watching and playing basketball, and rollerblading

Most fulfilling part of job: The most fulfilling and challenging part of my Air Force career is humility. I don't always get it right the first time, but even in failure, I expand my system knowledge and better my skills. Also, being deployed has given me the opportunity to learn about other airframes, and contributing more to the Air Force mission.

Supervisor's comments: Sergeant Fain is an outstanding professional, and a dedicated, hard-working Airman. He's a true wingman, volunteering to help out the other weapon systems, exemplifying the "One Team One Fight" concept. We're truly fortunate to have Sergeant Fain on our team.

Community Standards Tip of the Week

- ▶ Use of any tobacco product is only authorized in designated areas.
- ▶ All tobacco products must be disposed of in a proper tobacco disposal receptacle (butt can).
- ▶ Bunkers, sidewalks, and public areas around dormitories and double stacks are not authorized tobacco use areas.
- ▶ See Community Standards for a list of authorized locations.





Winner
**“Guys, when is
 this landing
 gear scheduled
 to come in
 again.”**

- SSgt Hoang Nguyen,
 380th Expeditionary
 Communications
 Squadron

Other submissions:

“Now where do they keep the Flux Capacitor in these things?”

SSgt Justin Taydus, 908th Expeditionary Air Refueling Squadron

“Whose tuna sandwich is this?”

SSgt Jonathan Harmon, 380th Expeditionary Aircraft Maintenance Squadron

“Great, now how am I supposed to reach that torque wrench?”

SrA Shelley Heath, 380th Expeditionary Aircraft Maintenance Squadron

“New 380 AEW strongest man event.”

SSgt Joshua Smith, 380th Expeditionary Civil Engineer Squadron

Caption Contest

Send your caption to 380aew.pa@adab.afcent.af.mil by 1700 Wednesday.

Captions should be in good taste and no more than 25 words. The winner's name and unit will be published in next week's Sand Script.

